

Adult Classes

Fall 2007



Home & Art Topics

Arts & Crafts

Batik for Adults

Discover the dyeing technique that allows you to create beautiful patterns in vibrant colors on fabric.

KBAT-1D SA 9/22 9-11:30AM \$20



Introduction to Henna Body Art

Mehndi is an ancient form of body art that uses Henna paste to dye the skin in decorative patterns. Create hands-on art designs. 12yrs+

KHBA-1D SA 9/29 1-3PM \$28

Henna Body Art 2

Get more involved in this ancient art, make your own supply of Henna paste and then use it to create body art. 12yrs+

KHBA-2D SA 10/13 1-3PM \$39

Printmaking for Adults

Learn about printmaking methods. Construct your own collagraph and solar etching plates. Learn how to print them and create wonderful pieces of art. Four weeks.

KPMT-1D W 9/26-10/17 6:30-8:30PM \$38.



Books Alive!

Create three of your own books using basic bookbinding techniques. You will create one hardcover, one soft cover and one surprise book! Three weeks.

KABM-1D W 10/24-11/7 6:30-8:30PM \$30

Beautiful Creation through Decoupage

Decoupage is an easy and fun craft that incorporates photos and paper onto surfaces with a clear varnish. You will create items with a holiday theme. Ages 16+



Managing Home and Finances

Basic Balance Feng Shui 1

Discover how your surroundings influence you. Learn about yin & yang, the 5 elements, the bagua, and their application to your home and work spaces.

KFS1-1D W 9/19 7-9PM \$31
KFS1-2D W 10/17 7-9PM \$31

**Sign up for Feng Shui I & II for reduced fee: \$55.

Basic Balance Feng Shui 2

Continue exploring further the nine areas of the bagua, building structure, street placement and more!

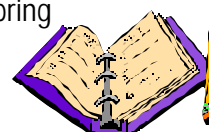
KFS1-3D W 9/26 7-9PM \$31
KFS1-4D



W 10/24 7-9PM \$31

Space Clearing and Harmonious Homes

Free yourself from clutter and reclaim your home as a haven to help bring balance into your life!



KFS1-5D W

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Home & Art Topics

Managing Home and Finances

Money and Credit: Managing the Flow

Gain control over you personal finances with these basic budgeting and credit management skills and tools.

KMAC-1D W 9/19 7-8PM \$16

Credit Bureaus and You!

Learn strategies to maintain good credit and clear up myths about credit reporting. Topics include credit repair vs. credit counseling, reporting discrepancies & more!

KCBY-1D W 9/26 7-8PM \$16

Ecology and Conservation

Learn to live a modern city life with an ecological mindset. Discussions will cover environmental process, the individuals' role in the world, activism, and how/why household products work. Eight week class.

KEC1-1D SA 9/22-11/10 11-noon \$23

Home Decorating On A Budget

Learn how to use the seven layers of design to transform your home into a beautiful living space without spending big bucks! Four week class.

KDB1-1D SA 9/22-10/13 9-11AM \$50

KDB2-1D SA 10/20-11/10 9-11AM \$50

Strengthening the Family Bond

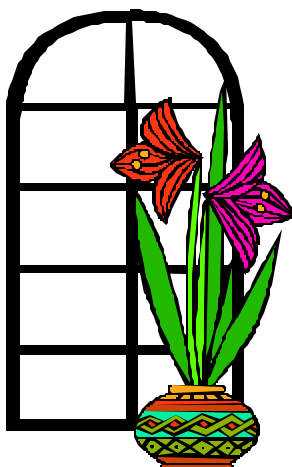
Unite your family together in this three week course that will focus on overcoming the demands of daily life. Topics include: self-evaluation, character building, ten challenges of reality, and encouraging kids to talk about important life topics. Fee: \$45 per person.

KFMC-1D SA 10/13-10/27 1-3PM

Boating Safety Course

Conducted by Arizona Game and Fish Department, this eight hour course is geared towards novice and experienced boaters. Topics include: navigation, weather, code violations, handling accidents, and

~ Advance Registration Required ~



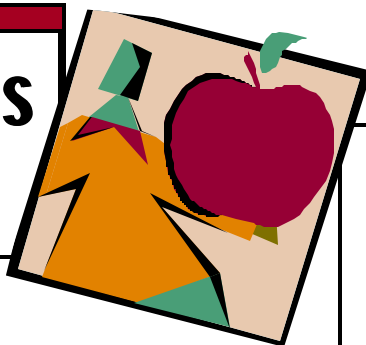
Kiwanis Recreation Center
6111 S. All America Way
Tempe, AZ 85283
(480) 350-5201
TDD (480) 350-5050

Register Online:
www.tempe.gov/pkrec/krc



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Health, Wellness & Life Enhancement Topics

Healthy Living

Introduction to Naturopathic Medicine

Naturopathy is a holistic approach to healing that uses natural remedies for ailments. Learn about the benefits of maintaining wellness through lifestyle and diet.

KNPM-1D TU 9/18 6:30-8PM \$27



Medicines from the Kitchen

Discover the items in your refrigerator, cabinet or spice rack that can heal your minor ailments!

KMFK-1D TU 9/25
6:30-8PM \$27

Food School

Learn the basics of nutrition, how the body responds with food, how to make healthy changes, and fuel your body with proper foods. Create a personal eating plan with weekly action steps, coaching and support. Four week class.

KFDS-1D TU 10/2-10/23 6:30-8:30PM \$99

How to Give a Great Massage

Find those tight muscles and work them out! Learn hand placements, major muscles and other types of treatments. Partner required. Four week class.

KGGM-1D SA



9/22-10/13 1-3PM \$50each
KGGM-2D SA 10/20-11/10 1-3PM \$50each

Basic Reiki

Ease physical ailments and emotional distress with this ancient healing system. Learn how light hand placements can channel healing energies to your body. 18 yrs+.



KREK-1D M 9/17 7-9PM \$34

First Degree Reiki Certification

Become a certified practitioner of this ancient healing system. This class will teach you how to heal yourself and others. Prerequisite: Basic Reiki. 18 yrs+. Two week class.

KREK-2D M 9/24-10/1 7-9PM \$94

FREE Reiki Clinic

Here is your opportunity to experience the benefits of Reiki for free! Join Reiki Master, Leann Thrapp, for this hands-on experience.

KREK-3D SA 10/13 9AM-12PM FREE

Karate

Get in shape, relieve stress, and lose weight as you practice Karate. Beginning and intermediate students wel-



come. Uniform and belt available for \$25. Eight week class.

KKAR-1D T/TH 9/18-11/8 6-7:30PM \$50

Nutrition 101

Learn from a registered dietician about the basics of nutrition and how to balance your diet, read food labels, lower cholesterol, lose weight and more! Two week class.

KNUT-1D M 10/8&10/15 7-8:30PM \$39

Healthy Holiday Eating

Turkey, stuffing, candy, pie! You can maintain healthy eat-

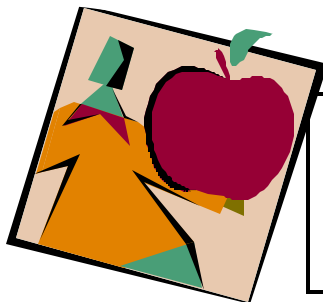
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Health, Wellness & Life Enhancement

Mature Adult Class Series

Enjoy refreshments and conversation from 10-10:30AM, followed by the topic discussion.

Healthy Aging

You can maximize your life as you grow older. Learn about the latest advances in aging research and what these advances will mean for you.

KHAG-1D W 9/19 10-11:30AM \$5

The Pain of Pain

Learn how to help yourself and those around you who have experienced physical or emotional pain.

KTPP-1D W 9/26 10-11:30AM \$5

Squelching "Senior Moments"

Memory loss is a common factor of aging. Learn techniques to maximize your memory and what to do if you are concerned about your memory.

KSSM-1D W 10/3 10-11:30AM \$5

Art of Journaling

Discover the physical, emotional and psychological benefits of journaling. Learn to express yourself through verbal, written and artistic creation as you record your thoughts and memoirs.

KAJN-1D W 10/10 10-11:30AM \$5

Beyond Grief

Take this opportunity to better understand grief, how to cope with loss, and how to help others who are experiencing something more than "normal bereavement."

KBG1-1D W 10/17 10-11:30AM \$5



Surviving the Holidays

The holidays can present stressful, challenging or depressing situations. Have a wonderful holiday season by learning how to cope with these "holiday blues."

KSHO-1D W 10/24 10-11:30AM \$5

Living Single

Explore the reasons why adults live alone and address the challenges. Share and learn from others.

KLVS-1D W 10/31 10-11:30AM \$5

Work It Out



Life Enhancement

Finding the Writer Within

Nurture your writing spirit by discovering tips and tools to stimulate your creativity and overcome writers' block. Eight week class.

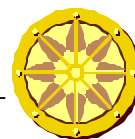
KFWW-1D TH 9/20-11/8 11:30AM-1PM \$45

* \$5 supply fee to instructor

Chakras

Learn about the seven energy centers that correspond to major areas of your life, such as love, power and sex. Learn how these centers show us how to live and function in life.

KCHK-1D M 10/29 7-8:30PM \$27



Basic Sign Language

Learn to communicate with sign language, including letters, numbers, vocabulary, and conversational sign language. Eight week class. Ages 12+

KSIGN-1D TH 9/20-11/8 6:15-7:15PM \$31

Continuing Basic Sign Language

Learn more vocabulary, and get more practice with dialogue and signing. Prerequisite: Basic Sign Language. Eight week class. Ages 12+

KSIGN-2D TH 9/20-11/8 7:15-8:15PM \$31

Reconnecting With Your Spirit

Feeling empty inside? Reconnect with your spirit by looking within yourself. Examine your life & relationships to discover your true spiritual nature.

KRSP-1D M 10/15 7-8:30PM \$27

Balance

Life is complex and overwhelming. Learn how to cultivate balance so you can enjoy your life.

KBAL-1D M 11/5 7-8:30PM \$27

Consciousness and Creative Visualization

Where do you envision yourself in the future? Learn to use mental energy to transform your

Kiwanis Recreation Center 6111 S. All America Way Tempe, AZ 85283

